

Gospel Eco



Let yourself be nourished by the living Bread

Solemnity of the Body and Blood of Christ. June 11th.

Today we celebrate the solemnity of Corpus Christi. This Bread speaks to us of the sustenance necessary for life. It is that which is essential and indispensable and calls us to be family and to be community. Having bread does not appease our hunger; we must eat it for it to have a real effect on us. And when we eat it, bread becomes part of us. So, it happens, when Christ offers himself to us as "the bread of life". It is necessary to believe in Him and to make our own the life that he offers us, establishing a bond of indissoluble unity: He will be our perennial food, the One who gives us the food, the One who gives us eternal life". Let us listen to the Gospel.

Gospel: John 6, 51-58

Jesus said to the Jewish crowds: "I am the living bread that came down from heaven; whoever eats this bread will live forever; and the bread that I will give is my flesh for the life of the world." The Jews quarrelled among themselves, saying, "How can this man give us his flesh to eat?" Jesus said to them, "Amen, amen, I say to you, unless you eat the flesh of the Son of Man and drink his blood, you do not have life within you. Whoever eats my flesh and drinks my blood has eternal life, and I will raise him on the last day.

For my flesh is true food, and my blood is true drink. Whoever eats my flesh and drinks my blood remains in me and I in him. Just as the living Father sent me and I have life because of the Father, so also the one who feeds on me will have life because of me. This is the bread that came down from heaven. Unlike your ancestors who ate and still died, whoever eats this bread will live forever."



For the meditation

- Jesus introduces himself as "I am the living bread," an expression that the people of Israel already know and have experienced in their daily lives and have experienced in their daily lives. In Jesus, they will see that he gives himself both physically and spiritually, and with this self-giving, He sustains life spiritually, and with this self-giving, He sustains life. He is nourishing, giving strength and vitality. He gives energy to our spirit to keep us united with God, to sustain us in the face of any adversity and to live the moments of our life of pain and despair strengthened by this living Bread.
- The Catechism of the Catholic Church teaches us that the Eucharist, as the sacrament of our salvation accomplished by Christ on the cross, is also a sacrifice of praise and thanksgiving for the work of Creation. In the Eucharistic sacrifice, all of Creation, beloved by God, is offered to the Father through the death and resurrection of Christ. Through Christ, the Church can offer the sacrifice of praise and thanksgiving for all that is good and beautiful and just that God has accomplished both in creation and in humanity (cf. CCC 1359).
- "In the Eucharist the Creation finds its highest elevation. The grace, which tends to manifest itself in a sensible way, achieves an astounding expression when God himself, made man, comes to make Himself to be eaten" (LS 236). He alone is capable of satisfying every spiritual need in our life on a much larger scale than the Israelites of the Exodus experienced. Let yourself be nourished by the Living Bread!

Sister Ma. de Lourdes Hdez. HCJC. Santiago de Compostela, Spain.

For prayer:

We thank you Father for the gift of the Eucharist that you offer us today. Give us strength and determination to seek, love and follow your beloved Son Jesus, who gives Himself to us as Living Bread. Help us to know how to recognize your Life in Creation! Amen



cuidadocasacomun@gmail.com